

How Can I Avoid The Temptation To Smoke Again?

The Week Before You Quit:

- Tell family, friends, co-workers, and providers that you are quitting.
- Switch to a brand that you don't like.
- Take a time-out: Wait 3-5 minutes before you grab your pack.
- Smoke only half of every cigarette.
- Only smoke outside and in uncomfortable places.

On Your Quit Day:

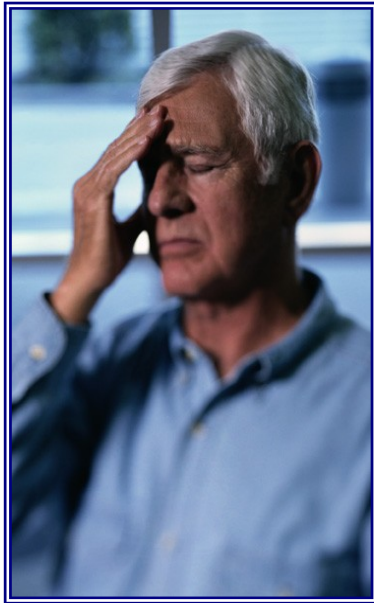
- Remove smoking triggers from your home, car, and work site. This means throwing away ALL of your cigarettes, ashtrays, and lighters.
- Clean your home and car. Fresh smells and cleanliness are perks of being smoke-free.
- Celebrate your new healthy look: get a haircut and wear clean clothes.

After You Quit:

- Make sure you get enough rest.
- Eat a balanced diet.
- Bring water and healthy snacks along with you...you'll be less likely to reach for a smoke when you have something better for you at your fingertips.
- Avoid alcohol and illegal drugs.
- Cut down on caffeine.
- **Follow an exercise program.**



After You Quit, Continued:



- Work off anger and stress with positive physical activities. For example, take a 5-minute walk around the block before reaching for a cigarette.
 - Stay away from smoking triggers.
 - Learn and use deep breathing exercises.
 - Take time to relax and get away from it all.
 - Avoid thinking or speaking badly about yourself.
 - **Ignore unneeded worries. Change what you can and accept what you cannot change.**
- Put the money you would normally spend on cigarettes in a jar, and spend that money on something enjoyable...like a CD or a movie.

Long-Term:

- **Remind yourself of your new identity as a non-smoker.**
- Like you, most people are non-smokers. Surround yourself with non-smokers if you have to be in a tempting situation.
- Never allow yourself to think, “One won’t hurt,” because it will!
- Only eat in smoke-free restaurants and only visit smoke-free establishments. Second-hand smoke is not only a trigger for relapse, but is also deadly.
- Take up healthy hobbies. You’ll notice that you can enjoy them now that you have more energy.
- Keep track of your successes.
- **Reward Yourself Often!**